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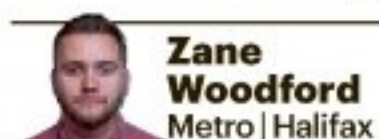
Your essential daily news | MONDAY, JUNE 27, 2016

High 22°C/Low 12°C Partly cloudy ☁️

## Man arrested after string of collisions

**BEDFORD**

### Bizarre incident on roads leads to attempted murder charge



**Zane  
Woodford**  
Metro | Halifax

A 21-year-old man from Bedford has been charged with attempted murder after police say he hit three vehicles in five minutes.

RCMP say Daniel Keays was driving a van on White Point Road in South Harbour on Saturday afternoon when he intentionally hit three vehicles in one four-kilometre stretch of the road.

Police say there was a five-year-old boy in the first vehicle Keays hit. They say he then hit two motorcycles, knocking two riders off of each one. Keays then

dragged the second motorcycle for about a kilometre, through an intersection, narrowly missing another vehicle.

Then, police say Keays crashed the van through a guardrail, and when two bystanders tried to help, he assaulted them. When police arrived, they say he also assaulted two officers after his arrest. Keays is scheduled to appear in court Monday morning in Sydney to face charges including attempted murder, assault of a peace officer causing bodily harm and "refusal of drug recognition expert demand."

RCMP spokesperson Cpl. Andrew Joyce said the last charge means police believed Keays was impaired by some kind of drug.

"There was a demand of some kind and he refused so there obviously was grounds to believe such a thing," he said Sunday.

Police say many of the victims "suffered various injuries but thankfully, none were life-threatening."

**HALIFAX HEROES**

## FINDING HER WARRIORS

Halifax woman bringing yoga  
to marginalized community

**metroNEWS**

**Marrilee Wilson in  
Halifax on Sunday.**  
JEFF HARPER/METRO



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# Home for Colored Children inquiry gets global attention

## COMMUNITY

### International conference to discuss three key points



**Rebecca Dingwell**  
For Metro | Halifax

When Tony Smith walks the grounds of the Nova Scotia Home for Colored Children, he walks with confidence — a stark

contrast to how he felt when he lived in the orphanage.

"I'm no longer being controlled by anything or anyone," Smith said. "I'm being who I am."

Smith is the co-chairman of the Restorative Inquiry council of parties. The inquiry into the Nova Scotia Home for Colored Children has been ongoing for several months now, and is expected to continue for about another two years. Former residents like Smith have been telling their stories of the abuse they faced in the home.

Leaders from the Restorative Approach International Learning Community — some who traveled from as far away as New Zealand — are in the area for the International Restorative Conference this week. They attended a welcome meeting at the Black Cultural Centre for Nova Scotia in Cherrybrook over the weekend.

"I'm here and taking careful notes, because I'm going to go back and share this with my colleagues," said Fania Davis, executive director of Restorative Justice for Oakland Youth.



**I'm here and taking careful notes, because I'm going to go back and share this with my colleagues.**

Fania Davis

She feels it's "incredibly noble" for those who were abused to now be at the helm of such an inquiry.

"It's leading the way, I believe, for us in the United States," said Davis on Saturday. "(We) are addressing issues, especially of police violence."

Smith said there is a lot of common ground between Can-

ada and the United States, but many people don't realize it.

"It's really rich and diverse for other people to know that, yes, we're here — there are black people in Nova Scotia in the black communities."

There are common problems as well, such as systemic racism.

"With our history here, it started with Lord Dalhousie.

There was a policy way back then — how to deal with black people," Smith explained.

The hope is that by helping Nova Scotians understand their history, they will be able to understand systemic discrimination. The inquiry is delving into three key areas: support for residents of the home, learning from communities and building partnerships with public agencies.

"We're looking at what are the core issues, because we can't deal with everything during that 30-month period. But at least we can lay the foundation."

## ANIMAL CARE

### Dogs left in hot cars

Stubborn dog owners still aren't getting the message.

Halifax police responded to eight calls over the weekend — five on Saturday and three on Sunday — for animals left in vehicles. None of the drivers were ticketed.

Last weekend, police ticketed a driver who left a dog in a vehicle for "several hours" on Spring Garden Road for nearly \$700.

Police received four calls last Saturday. Spokesperson Sgt. Nancy Rudback told Metro she was happy to see the message appears to be getting across.

"For how warm a day it was, four calls is good," she said. METRO



## BLUENOSE II JUST

**SAILING THROUGH** The Bluenose II takes a group of people on a tour of the Halifax Harbour Sunday afternoon. The vessel was in town this past week and will be heading to Lunenburg for tours in the coming days.

JEFF HARPER/METRO



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**HALIFAX HEROES** Ordinary people doing extraordinary things

# 'Exciting to bring this to people'

## HEALTH

### Taking yoga to locals who may not know, or can't afford, it



**Yvette d'Entremont**  
Metro | Halifax

Marrilee Wilson's passion for yoga takes a backseat only to being a foster parent.

Before she suffered a brain aneurysm nine years ago, yoga wasn't something Wilson had ever considered.

Today, she's a certified yoga instructor who volunteers her yoga practice where it's most needed in her community.

"It was really important to me to connect with groups that are typically marginalized. That would be my own group, indigenous African Nova Scotians," she said.

"Typically you don't see them in the yoga studios and so I thought, 'What is it about a typical yoga studio that doesn't make people curious?'"

Recalling her brain injury recovery, Wilson knew she wanted to bring it directly to those in her community who typically wouldn't access yoga.

"I thought, 'Let me go into communities like Mulgrave Park, Uniacke Square, north-end places that might collaborate with me. Perhaps I might see members of my community be curious enough to check it out,'" Wilson explained.

"If you see someone that looks like you in terms of body



Marrilee Wilson practices yoga in Halifax on Sunday afternoon. JEFF HARPER/METRO

shape or ethnicity or gender, then you're going to think, 'Oh, OK. They're here. Maybe I can be here too.'"

Wilson said the business plan for most yoga studios leans towards accommodating those with disposable income who tend to be younger, white, and middle-upper-class. She wanted to share her practice beyond that group.

"That's where you're going to make your money, which is cool. But it leaves out a whole

group of people like me who are maybe recovering from an illness and those who can't afford a \$15 or \$20 drop-in visit," she said.

"The choice between groceries or yoga? I'm going to choose my groceries. Every time."

Upon first becoming a yoga instructor three years ago, Wilson began offering her practice at the Nova Scotia Rehabilitation Centre to people who, like her, were recovering from a stroke or brain injury. She still goes at least once a month, and recently offered a six-week workshop for the facility's outpatients.

This winter she started of-

fering yoga as a volunteer at Veith House, and may partner with the North End Community Clinic this fall.

"If it's associated with health I put that as a priority," she said.

Wilson frequently offers community demos and other classes, and is also moved by a longstanding yoga date she has not far from her own home.

"I also offer my practice free to an elder, a black woman who came up to me one day when I did a demo at the North Branch Library and she said would you come and teach me yoga," Wilson recalled.

The woman told her she didn't have money, but had a

practice space. Every Monday morning for the past three years Wilson has offered a class to a group of five to seven practitioners whom she calls her warrior women.

"So an elder, a senior, has had a regular yoga practice for the last three years since I became certified and she keeps thanking me," Wilson said.

"I say, 'No. Thank you for letting me come here and share my practice with you.'"

The only thing that takes priority to her yoga practice is her foster parenting.

"I have a little man three years old and I met him when he was three months old and I'm a support to him. I do part-time respite and emergency placements for little ones," she explained.

"It's the best thing ever. I'm exhausted, but I love it."

Like many volunteers, Wilson is reluctant to accept any recognition for her work.

"One of the reasons I feel it's important for me to take a portion of my yoga practice and donate it to my community is because of the kindness and the support that I received during my recovery," she said.

"It is exciting to bring this to people."

### A nomination from a nomination

This week's Halifax Hero came to our attention when Erica Fraser was nominated as a hero but declined it because she wanted Marrilee Wilson to be recognized.

"Having this nomination feels REALLY GOOD and it would be an honour to be featured for 'Halifax Heroes', but I'm wondering if you might be willing to work with me to highlight the great work of an even more hidden 'unsung hero' in the North End instead," Erica Fraser wrote in an email.

We followed Fraser's suggestion and interviewed Wilson, but felt it appropriate to give a nod to Fraser also.

"She works...at Veith House, helps organize the North End Mobile Food Market, and (recently) pulled off the North End Community Potluck at Mulgrave Church," wrote Lindsay MacPhee, who nominated Fraser earlier this month.

"I'm currently scrolling through her Facebook timeline and it is chock-full of events that she is putting on or is actively involved with...Anyone I've ever met will bend over backwards to help this woman, wait, STRONG WOMAN, because she continuously gives and gives out of the goodness of her big heart."

YVETTE D'ENTREMONT/METRO

## + NOMINATIONS

### Want to recognize someone?

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or tweet @metrohalifax using the hashtag #Halifaxheroes.

**“It was really important to me to connect with groups that are typically marginalized. Marrilee Wilson**



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# Fire ban still a necessity

SAFETY

## Tinder-dry conditions mean caution needed: Official



**Zane Woodford**  
Metro | Halifax

Although there were a few calls over the weekend, Halifax Regional Fire and Emergency believes people are getting the message about the fire ban.

A ban on all domestic brush burning and campfires has been in place for about a week, with the fire risk across the entire province considered high to extreme.

Halifax Regional Fire and Emergency acting division commander Vince Conrad said

Sunday afternoon there had been no calls yet that day, but a few people were still having fires Saturday night.

"There was a few early on," he said.

"I'm not sure if everybody knew there was a ban, but we haven't had any repeats or anything like that."

Conrad thinks news of the fire ban is "starting to get around now."

The ban remains in place till at least 2 p.m. on Monday. Conrad didn't want to speculate about how much longer it might stay in place, but said "it doesn't look like there's going to be any change."

"It's not getting better," he said. "Nicer weather, but not better for the woods."

There are some showers in Environment Canada's forecast for Halifax this week, but temperatures are expected to remain high.



I'm not sure if everybody knew there was a ban, but we haven't had any repeats or anything like that. Vince Conrad



Open fires like this remain banned throughout Halifax. METRO FILE PHOTO

## IN BRIEF

### Motorbike crash kills man

A 22-year-old Truro man is dead after a motorcycle crash Sunday at 12:10 a.m.

Mounties arrived at Main Street in Bible Hill after his motorcycle crashed into a home. The driver died in hospital. No one in the home was hurt. The crash is under investigation. METRO

### Man arrested after weapons complaint

A 24-year-old is in custody after police responded to a call about a man pointing a handgun at another man on Elmwood Avenue in Dartmouth. No one was injured. METRO

### Suspect sought in mugging

Police seek a man after an alleged assault.

Police arrived at Spring Garden Road and Carleton Street Friday night, where a 27-year-old said a man asked him for cash. When the victim said he had none, the man allegedly punched him and ran away.

The suspect is described as having salt-and-pepper hair, squinty eyes, was wearing a ragged hat and plaid shirt. METRO

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## PROTEST

## Man charged for swearing in public

In a case one civil libertarian warns could set a "very chilling precedent," a Nova Scotia man will face trial for swearing in public.

Joseph Currie was arrested during a Halifax protest against the Conservatives' anti-terror legislation, Bill C-51, last year, and charged with "unlawfully (causing) a disturbance ... by swearing."

The 26-year-old's lawyer said his client, who is alleged to have shouted obscenities into a megaphone, has no criminal record and will defend his "right to criticize the government publicly."

"The only way a message gets

out is if concerns are broadcast," Gordon Allen said.

"Some people in public wouldn't want to hear that or pay attention. They just want to go about their day, but that's the nature of democracy."

According to police reports, Currie was one of 200 protesters in the Spring Garden Road area last June. Two other protesters were arrested for blocking traffic by sitting on a crosswalk, but police only laid charges against Currie.

A video of the arrest on YouTube shows a handcuffed Currie telling police he "won't swear again" as an officer takes off the

### + TRIAL

Joseph Currie is due to appear in court for a pre-trial hearing Wednesday and his trial is set to begin on Oct. 6.

activist's Guy Fawkes mask and puts him in the back of his car.

Allen said the use of foul language has become so commonplace that in some ways the F-word was an "appropriate" expression of his client's contempt for the policy.

THE CANADIAN PRESS

## POLICE

## Neighbourhood dispute escalates



**Haley Ryan**  
Metro | Halifax

Police are reminding citizens that taking things into their own hands "is not the way to go" after a Dartmouth man was charged for setting off a firework near an off-leash dog park.

A post on the Shubie Park

Dog Off Leash Area Facebook group last week said the long-time conflict between neighbours across the beach and dog owners has escalated and some have "begun firing fireworks at the dogs in hopes of intimidating pet owners from returning."

Halifax Regional Police spokeswoman Const. Dianne Woodworth confirmed that a 54-year-old Dartmouth man was

charged last Wednesday under the noise bylaw for "engaging in an activity that unreasonably disturbs a neighbourhood."

"An officer was in the area doing regular patrol and heard what he believed to be a firework," Woodworth said, adding that he investigated and located the man soon after 1 p.m.

The charge can carry a fine up to \$467.50 if convicted, Woodworth said.

# Dinosaurs in the Bay of Fundy

## FOSSILS

## Researcher says lizard, carnivore bones were found

Researchers are digging through the sandstone cliffs on the Nova Scotia shore of the Bay of Fundy in search of 200-million-year-old bone fragments that could reveal more about the diversity of life at the dawn of the dinosaurs.

The director of the Fundy Geological Museum said the crew has unearthed bones of lizards from the early Jurassic period and the tip of the snout of what he believes could be a meat-eating dinosaur, one of the first to be found near the port community of Parrsboro.

Tim Fedak said the fossils scattered along Wasson Bluff date back to a time of great evolutionary change, marking the boundary between the mass extinction event at the end of Triassic period and the rapid proliferation of species that followed.

"The bones that we're finding here on the Bay of Fundy shore represent the survivors," Fedak said in an interview Saturday.

"Any little evidence we can get of who survived and what they were doing can be helpful for studies of evolution."

The bones are dispersed in layers of red sediment, according to Fedak. He said the force-



Fundy Geological Museum lab manager Regan Maloney chips away one of the spots on the cliff surface at Wasson Bluff where bone material has been discovered in the latest dig. TC MEDIA

ful tides of Fundy erode the rocks, continually exposing new specimens, making the museum's annual research trips all the more valuable.

"It's important for us to continue to monitor these sites and collect material as it's at the surface," Fedak said. "The skull bone from the dinosaur that I found ... that would have been eroded in about a month or so. A good heavy rain and it would have taken it right away."

In addition to staff, the museum has invited volunteers out to the field, including a father-son team, trained scientists and geology hobbyists.

### + STREAMING

The researchers plan to stream a live video feed from the dig site on Monday and will be taking questions from online users.

Fedak said working with the delicate fossils can be "therapeutic" and he hopes to expand the volunteer program in the future so more paleontology enthusiasts can get their hands dirty.

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**HALIFAX**  
TRANSIT



# Three Amigos in town

OTTAWA

## Brexit at forefront of North American leaders' meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the U.S. presidential election. The

presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Peña Nieto.

Trudeau's environment minister, Catherine McKenna, told



**It's a great message to the world that we're working together, we believe in trade, we have progressive governments.**

Catherine McKenna

CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

"It's a great message to the world that we're working together, we believe in trade, we have progressive governments," said McKenna.

Fen Hampson, a foreign policy expert with the Waterloo, Ont.-based Centre for International Governance Innovation, said the European Union is the biggest market in the world and its fate "has very important implications for North America."

"That's surely now going to be an important and central topic of discussion," said Hampson.

THE CANADIAN PRESS



Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called Homes, which was written in collaboration. JASON FRANSON/ THE CANADIAN PRESS

EDMONTON

## Refugee student, teacher write a novel

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family arrived in Canada as 10 of the 23,000 Iraqi refugees who've settled here since 2009.

As they talked, he relayed stories of his early childhood in Iraq,



**It's ultimately about a love of a family and the resiliency of the human experience.** Winnie Canuel

such as being slapped in the face by his Grade 2 teacher for being a Sunni Muslim.

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-government rebels living in the streets below.

His family lived with the war for three years before being brought to Canada.

During their discussions, his

English grew stronger and so did his confidence. In Canuel, he said, he found a teacher he'd never have encountered at home.

"I trusted her," he said.

Canuel had long thought about writing a book of her own, telling friends she was waiting for the right story to find her. In listening to al Rabeeah talk about his family and his experiences, she found it.

"Yes, there are massacres and car bombs in his background, yet it's ultimately about a love of a family and the resiliency of the human experience, that is what we should carry away from this," she said. "That's universal."

The novel they wrote together, called Homes, is now for sale in Edmonton bookstores and online.

For al Rabeeah, the goal is to help people understand that behind all the Syrian refugees now coming into Canada there are stories. Too many people only see him as a refugee, he said.

"It makes me feel outside of the community, not with them," he said.

Canuel said she's lucky. Her school gave her the time and the money to work one-on-one with al Rabeeah and he arrived long before the influx of Syrian refugees began challenging schools across the country.

About 60 per cent of Syrians are under 14, placing unprecedented pressure on the system.

THE CANADIAN PRESS

### IN BRIEF

#### Canadian academic jailed in Iran for dabbling in feminism, security: family

The family of a Montreal-based university professor jailed in Iran says she is being investigated for dabbling in feminism and security matters. Homa Hoodfar's niece says an announcement made Friday by the Tehran public prosecutor is the first indication of why the 65-year-old was arrested June 6. Amanda Ghahremani says the family doesn't know whether Hoodfar has been charged with a crime.

THE CANADIAN PRESS

#### Hajdu seeks to press mute button on cyber violence

Status of Women Minister Patricia Hajdu says she's quick to press the mute button on social media when violent or abusive comments come her way. Such power might not come easily to all women, girls and members of the trans community. That is a reason Hajdu said she is interested in hearing about what the government can do on the issue of cyber bullying, as she begins consultations on a strategy against gender-based violence. THE CANADIAN PRESS

POLITICS

## Canadian becomes Iceland's first lady



Gudni Johannesson with wife Eliza Reid, who is originally from the Ottawa area, and their five children. CONTRIBUTED

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer

and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people.

Johannesson — a history professor who has never before held public office — joined the presidential race in April with a promise to restore the nation's trust in the political system after demonstrations called for the resignation of the prime minister amid a scandal involving offshore accounts.

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### SACRAMENTO

## Right-wing extremists stab six

At least six people were stabbed Sunday when members of right-wing extremists groups holding a rally outside the California state capitol building in Sacramento clashed with counter-protesters, authorities said.

Sacramento Fire Department spokesman Chris Harvey said emergency crews transported six people who were stabbed, some critically wounded, and that many other people had cuts, scrapes and bruises.

"There was a large number of people carrying sticks and rushing to either get into the melee or see what was going on," Harvey said.

California Highway Patrol officers managed to break up the large fight but some members of both groups remained in the area an hour after the fight first broke out, Harvey said.

THE ASSOCIATED PRESS

### IN BRIEF

#### Spain's political future still unclear after election

Spain's repeat election on Sunday failed to clarify the political future of the EU's fifth-largest economy, with the main parties placing roughly the same as in last December's ballot, which brought six months of stalemate. The conservative Popular Party, again collected most votes but still fell short of a majority.

THE ASSOCIATED PRESS

# Expats are spooked by results of Brexit

POLITICS

## Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K. voted to leave the European Union.

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is now uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to begin unprecedented, and knotty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other



Tourists pose for a photograph in Madrid. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. FRANCISCO SECO/THE ASSOCIATED PRESS

**"We've lived in Spain for a lot of years. We don't know how it's going to affect us."** Tad Dawson

member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties. We've lived here for a lot of years. We don't know how it's going to affect us anymore."

An estimated 1.2 million Britons live in other EU countries, many of them in France, Spain and Portugal, according to Britain's House of Commons library. But analysts reckon the true number could be at least double that — and maybe a lot more, because many don't bother registering with their embassies or the local authorities.

Raquel Martins, an immigration lawyer at the Lisbon, Portugal, law firm of SRS Advogados, said the United Kingdom and

the EU would now enter many months of negotiations to try to secure a reciprocity agreement that establishes legal guarantees for their citizens who live abroad.

"Nothing will happen right now. Nobody is going to be sent home," she said.

Across Europe, British expats reacted with alarm, dismay and sadness after Thursday's referendum on Britain's EU exit, also known as Brexit.

"I am in a state of shock," said Patrick Lamb, a standup comedian who has lived in Austria for 17 years. "I am also concerned by what Brexit means for the longer-term future."

THE ASSOCIATED PRESS

POLITICS

## Scotland threatens to block

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.



Scotland First Minister Nicola Sturgeon

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be able to derail the move by withholding "legislative consent" for a British exit, or Brexit.

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

THE ASSOCIATED PRESS

## WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

### Canada Day

Please be advised there will be no garbage, organics or recyclables collection services on Canada Day — Friday, July 1, 2016. Collection services for that day will be provided the next day, Saturday, July 2, 2016.

Collection services can begin as early as 7 a.m. To ensure collection please place materials curbside the evening prior to collection day.



Download our new Halifax Recycles app to search what goes where and receive weekly notifications.

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<b>Otter Lake Facility Closed</b> Friday, July 1	➔	<b>Otter Lake Facility Open</b> Saturday, July 2 7 a.m. — 7 p.m.
<b>Municipal Recycling Plant Closed</b> Friday, July 1	➔	<b>Municipal Recycling Plant Open</b> Saturday, July 2 7:30 a.m. — 6 p.m.
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★ Nathan Green Square	///	Simba Zambezi Acrobats	German Army Oom-pah Band
★ Sackville Landing	USAF Honor Drill Team	German Army Band	Wachbatalion
★ Rotary Stage	Irish Dancers	NABBSS (Brass Band)	Simba Zambezi Acrobats
★ Tall Ships Quay	City of Sails P&D	Wachbatalion	USAF Honor Drill Team

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12 Monday, June 27, 2016

Business **metro**NEWS

## Wearable tech offers cure

### HEALTH

#### Vancouver doc tells patients technology is good for them

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doctor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Sahiholnasab has designed a



Liliya Sahiholnasab, 6, uses a special pair of glasses designed by Dr. Vahid Sahiholnasab to help correct her posture at her home in Richmond, B.C. THE CANADIAN PRESS

pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are in-

creasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

"Whether we want it or not, we are heading toward wide use

of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands have also discovered that cool ideas aren't always snapped up. "It's all a little unknown,"

said Paul Fijal, head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

"(There's) the whole aspect of it being new and unexplored."

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour. Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

Fijal said a crowdfunding campaign is doing well as the team continues testing a prototype for release in May 2017. But he has heard concerns about privacy and basing health care solely off signals transmitted by a bracelet.

His team is addressing those worries by reminding people of existing privacy laws, while Fijal said they will rely on "early adopters" to open the wider market. "People who recognize the impact and the potential and are OK with the risks," he said, describing families of autistic children enthusiastic to test the bracelet.

THE CANADIAN PRESS

### EDUCATION

#### Experts eye work program

All Ontario high school, college and university students will have to participate in work co-op programs if the government keeps its promise to implement the recommendations from a panel of business and education experts.

The "highly skilled workforce expert panel" was set up last December to develop an integrated strategy to better link the education system with the future job needs of the province's economy.

The panel recommends better partnerships between educators and employers to "bridge the gap between the skills industries need and what the workforce offers," and suggests all students get "experiential learning" or work co-op placements.

"I believe that young people need to have experiential learning opportunities, both in the elementary and secondary panels, and in the post-secondary education panel," said Premier Kathleen Wynne.

THE CANADIAN PRESS

### CLIMATE CHANGE

#### Builders rethinking designs

Severe weather events like wildfires and floods are becoming more frequent and more difficult to predict, forcing architects and engineers to rethink how they design buildings, infrastructure and cities.

Brock Schroeder, managing

director of engineering firm Entuitive, says events such as the fire in Fort McMurray and the floods that hit Alberta in 2013 have led to changes in how structures are designed.

While some of the changes are reactive, others are proactive — for example, using

computer models to predict how a structure would fare in the event of an earthquake and designing it accordingly.

Technological advancements have made it easier to test how a building would withstand floods, fires, earthquakes, says Schroeder. THE CANADIAN PRESS

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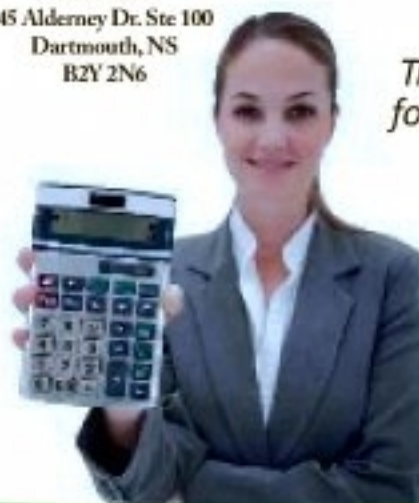
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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION

**I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?**

Dear Ellen,  
I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,  
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated

**The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.**



and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you

want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely

polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resentful or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## ROSEMARY WESTWOOD

### What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f---king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made

a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

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**"To see a Bill Cunningham street spread was to see all of New York."**

New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

# No sleep for the lucky few

## HEALTH

### Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive — not just survive — with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does dur-



For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital sleep neurologist Dr. Andrew Lim, who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a **genetic anomaly** that allows them to jump out of bed after a few hours. iStock

ing sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits

or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about

six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal *Science* in 2009, after which numerous natural

short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

## + SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts



### ■ Margaret Thatcher

Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.



### ■ Thomas Edison

The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.



### ■ Donald Trump

The presidential wannabe has bragged he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-de-beep, I want to find out what's going on," Trump said last year.



### ■ Marissa Mayer

The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.

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- 5 Designer Panda
- 4 Selena Gomez Kill Em With Kindness
- 3 Drake ft Rihanna Too Good
- 2 Shawn Mendes Treat You Better
- 1 Kent Jones Don't Mind



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# Find meaning in helping

#### WHY I LIKE MY JOB

**Alison MacKenzie, 27,  
Neighbourhood Convener  
with Agincourt Community Services  
Association and Project Manager  
with Building Roots - Toronto, ON**

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services.

Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector.

I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community.

The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways.

I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.



#### THE BASICS: Community Services Worker

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Data for this feature was provided by [payscale.com](http://payscale.com), [statcan.gc.ca](http://statcan.gc.ca), [onetonline.org](http://onetonline.org) and [jobbank.gc.ca](http://jobbank.gc.ca)

#### HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs.

#### WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

#### NEXT CAREER STEP

Having a least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.



THE AMAZING RACE CANADA

## Show has most diverse cast representative of Canada

Ashley Callingbull is all too aware of the burden of expectations that falls on her shoulders as she runs The Amazing Race Canada Season 4.

For one, she is the reigning Mrs. Universe, the first Canadian to win the crown. She is also from Enoch Cree Nation, just west of Edmonton. The First Nations community will be closely watching her progress on what happens to be Canada's most watched television series.

"You really feel that you want to be a positive role model, but really I'm going to be myself. Hopefully I won't swear too much, because I really tend to under pressure," laughed Callingbull, 26, in Toronto before the start of the race.

The Amazing Race Canada's new season starts Tuesday at 8 p.m. on CTV. Ten teams will compete for \$250,000 in prize money and gifts such as cars, airfare and hotel accommodations around the world.

The competition show travels the world and contestants take part in different physical and mental tasks to win each leg of the race.

It also features the most high-profile, diverse bunch of contestants yet, including Callingbull and contestants from other reality shows such as Big Brother Canada.

Host Jon Montgomery says producers have always committed to diverse casting. But this year features a more comprehensive approach.

"Compared to prior years, the patchwork of Canadians is much more representative of what our nation looks like. We have people from new Canadians to second- and fourth-generation Canadians. If you really can't find someone you can identify with, then there is nobody like you in this country."

Callingbull will be running the race with her stepfather Joel Ground (both pictured below), an auto mechanic who recently walked her down the aisle at her wedding.

"I'm the calm one, so we make a good team," said Ground.

Last season, The Amazing Race Canada, based on an American original, averaged 2.54 million viewers, making it the most watched TV series in the nation. That was followed by The Big Bang Theory and Survivor. It's hard to pinpoint exactly why it's the most watched show but, certainly, casting directors have made sure that the show is reflective of the world, even as contestants are shown travelling the globe. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

## Preachy speeches aren't joyous or interesting

THE SHOW: Roadies, Season 1, Episode 1 (Showtime)  
THE MOMENT: The sermon

Money guy Reg (Rafe Spall) informs the Staton-House Band's crew that they're spending too much on their stadium tour. "The old way is gone," he says.

"We're here because we love music," roadie Kelly Ann challenges him, eyes ablaze. "You either love what you do or you get the f—k out. That's all I have."

"I'm here to protect the brand," Reg says.

"You don't know the secret ingredient of the brand you're trying to sell," Kelly Ann counters. "Maybe the brand isn't a brand. Maybe it's a feeling. Kurt Cobain and Jimi Hendrix didn't die to become a crop top at Urban Outfitters. Perhaps I haven't communicated the fact that I live to destroy everything you stand for. And that is all I have." She stalks off.

Oh, Cameron Crowe, I had high hopes for this new series of yours. I get that you love rock music, and you're sad it's dis-



Imogen Poots as Kelly Ann in Roadies (Pilot). CONTRIBUTED

appearing. I get that, as you mature, you're fighting hard to resist cynicism and instead depict joy and passion. I admire those things. They're hard to show.

But this is Episode 1, and already you're doing preachy speeches. (Aaron Sorkin, passionate about journalism, made the same mistake in The Newsroom.) Sermons aren't joyous. Sermons aren't even interesting, unless you've earned them —

and even then, must be deployed judiciously.

HBO just killed Vinyl because it took a subject that should be tremendous fun — the music biz in 1970s New York — and made it no fun. Give us fun, and we'll feel passion.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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**NEWS IN BRIEF** Austin Clarke, an award-winning author sometimes called "Canada's first multicultural writer," has died. The Barbadian-born writer won the coveted Giller Prize in 2002 for his book The Polished Hoe. His memoir called Membering was published last year.





Steven Stamkos is expected to be available through free agency come Friday. CLAUS ANDERSEN/GETTY IMAGES

# Several teams in the hunt for the 'big fish'

## NHL Lightning haven't ruled out re-signing Stamkos

As team executives began gathering on the arena floor an hour before the start of the NHL draft's second round Saturday morning, a video highlighting former No. 1 selections began playing on the big-screen video boards.

The first player featured just happened to be Steven Stamkos, the top pick in 2008.

At a time when Arizona-born centre Auston Matthews was selected first by Toronto, and on the heels of the buzz the league's expansion into Las Vegas created, the Tampa Bay Lightning captain's presence during the two-day draft in Buffalo was hard to overlook.

Stamkos is set to be, as Sabres general manager Tim Murray put it, the potential "big fish" in the league's free-agency period, which opens Friday.

Buffalo, Boston and Vancouver are among the teams to have already expressed interest in Stamkos. And others, as in the case of Toronto and Detroit, have

**TOP 3**  
The top pending free agents not named Stamkos:

1. C David Backes
2. RW Kyle Okposo
3. LW Milan Lucic

freed up more than \$10 million in salary cap space with an expectation they will jump into the bidding for the four-time, 40-goal scoring star.

In the meantime, Lightning GM Steve Yzerman isn't ready to shut the door on the possibility

of re-signing Stamkos.

"I haven't ruled out anything just yet," Yzerman said. "The process hasn't changed."

Under NHL rules, the Lightning can re-sign Stamkos to an eight-year contract, while other teams are limited to making seven-year offers.

It's an advantage not lost on Yzerman, who didn't dismiss the possibility of using that eight-year signing option even if it means trading Stamkos.

"It's an interesting idea," Yzerman said. "Losing him for nothing or losing him for an asset: I'd love to get an asset."

THE ASSOCIATED PRESS

## Pair of Nova Scotians selected in draft

A handful of well-known names in Nova Scotia's hockey world were called out over the weekend at the First Niagara Center in Buffalo, N.Y.

From the Halifax area, goaltender Evan Fitzpatrick of Lower Sackville went in the second round, 59th overall, to the St. Louis Blues in the 2016 NHL Entry Draft. The six-foot-two, 203-pound netminder played for Newbridge Academy before manning the posts for the QMJHL's Sherbrooke Phoenix for the past two seasons.



Evan Fitzpatrick and Luke Green GETTY IMAGES

Fitzpatrick was the first Nova Scotian selected in this year's draft, while defenceman Luke Green of Hammonds Plains was selected in the third round, 79th

overall, by the Winnipeg Jets. The six-foot-one, 185-pound blueliner also attended and played for Newbridge before joining the QMJHL's Saint John Sea Dogs.

From Halifax's local Q-league team, forward Otto Somppi was picked in the seventh round, 206th overall, by the Tampa Bay Lightning. The Helsinki, Finland, native was selected by the Herd in last year's CHL Import Draft, notching 13 goals and 33 assists for 46 points in 59 games played for the Mooseheads.

Meanwhile, forward Maxime

Fortier of Lachine, Que., didn't end up getting picked, but has been invited to the Montreal Canadiens development camp, according to Mooseheads social media. Fortier potted 31 goals and added 46 assists for 77 points in 68 games played this past season.

Fourteen QMJHL players were drafted, headlined by Cape Breton Screaming Eagles forward Pierre-Luc Dubois, who was selected third overall by the Columbus Blue Jackets.

KRISTEN LIPSCOMBE/METRO

## OLYMPICS

## Lake Echo paddler books ticket to Rio



Kristen Lipscombe  
Metro | Halifax

Canoe Kayak Canada is expected to officially present its Rio 2016 team Monday, and some local elite athletes will be making the final cut.

That includes Genevieve Orton of Lake Echo, who won the women's K2 500-metre race along with teammate KC Fraser of Toronto. They beat out Michelle Russell of Fall River and teammate Madeline Schmidt of Ottawa by a mere 1.62 seconds to be awarded the Canadian team's final Olympic entry.

Also over the weekend in senior events, Russell won both the senior women's K1 500-metre race and the K1 200-metre race at the Canadian Sprint Canoe Kayak Team Trials, held at the Olympic Basin in Montreal.

Despite the recent wins, Russell has not qualified for the 2016 Olympic Summer Games coming up in Rio de Janeiro, Brazil.

Alex Scott of Bedford won the men's K1 200-metre race and Mark James of Dartmouth won the men's C1 1,000-metre race on the weekend.

Mark de Jonge of Halifax has already qualified for an Olympic spot in the K1 200-metre race.

## SOCCER

## Griezmann rallies France over Ireland

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, while Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The goals and the quality of the soccer over the three

**EURO 2016**  
ROUND OF 16

**SATURDAY**  
Poland 1 (5), Swiss 1 (4)  
Wales 1, Nor. Ireland 0  
Portugal 1, Croatia 0

**SUNDAY**  
France 2, Rep. of Ireland 1  
Germany 3, Slovakia 0  
Belgium 4, Hungary 0

**MONDAY**  
Italy vs. Spain  
England vs. Iceland

games were a marked improvement on the dire performances witnessed on Saturday when Poland, Wales and Portugal advanced. THE ASSOCIATED PRESS

## IN BRIEF

### Stroll collects his third win of Formula 3 season

Canadian Lance Stroll won his fifth FIA Formula 3 European Championship race of the season Sunday in Nuremberg, Germany.

Stroll held off rookie driver Anthoine Hubert to win the turbulent race.

The Montreal native increased his lead in the overall drivers' standings to 86 points over Maximilian Gunther, who finished fifth on Sunday. THE CANADIAN PRESS

### Ko keeps titles coming

Top-ranked Lydia Ko won the NW Arkansas Championship on Sunday for her third LPGA Tour victory of the year, closing with a 3-under 68 for a tournament-record 17-under total and a three-stroke victory. She broke the previous tournament record by two strokes.

The 19-year-old New Zealander now has 13 career LPGA Tour victories. THE ASSOCIATED PRESS



# RECIPE Watermelon and Tomato Gazpacho



PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

On a hot, steamy night, if your oven could talk it would tell you to make this easy and sweetly simple gazpacho. It would also tell you to pair it with some crusty bread.

**Ready in**  
Prep time: 10 minutes  
Cook time: 1 hour

- Ingredients**
- 6 cups roughly chopped seedless watermelon, divided
  - 3 cups roughly chopped tomatoes, divided
  - 1 shallot, roughly chopped
  - 2 tablespoons olive oil
  - 2 tablespoons white wine vinegar
  - 1/4 cup roughly chopped basil, divided
  - salt and pepper to taste

## Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.
2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.
3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

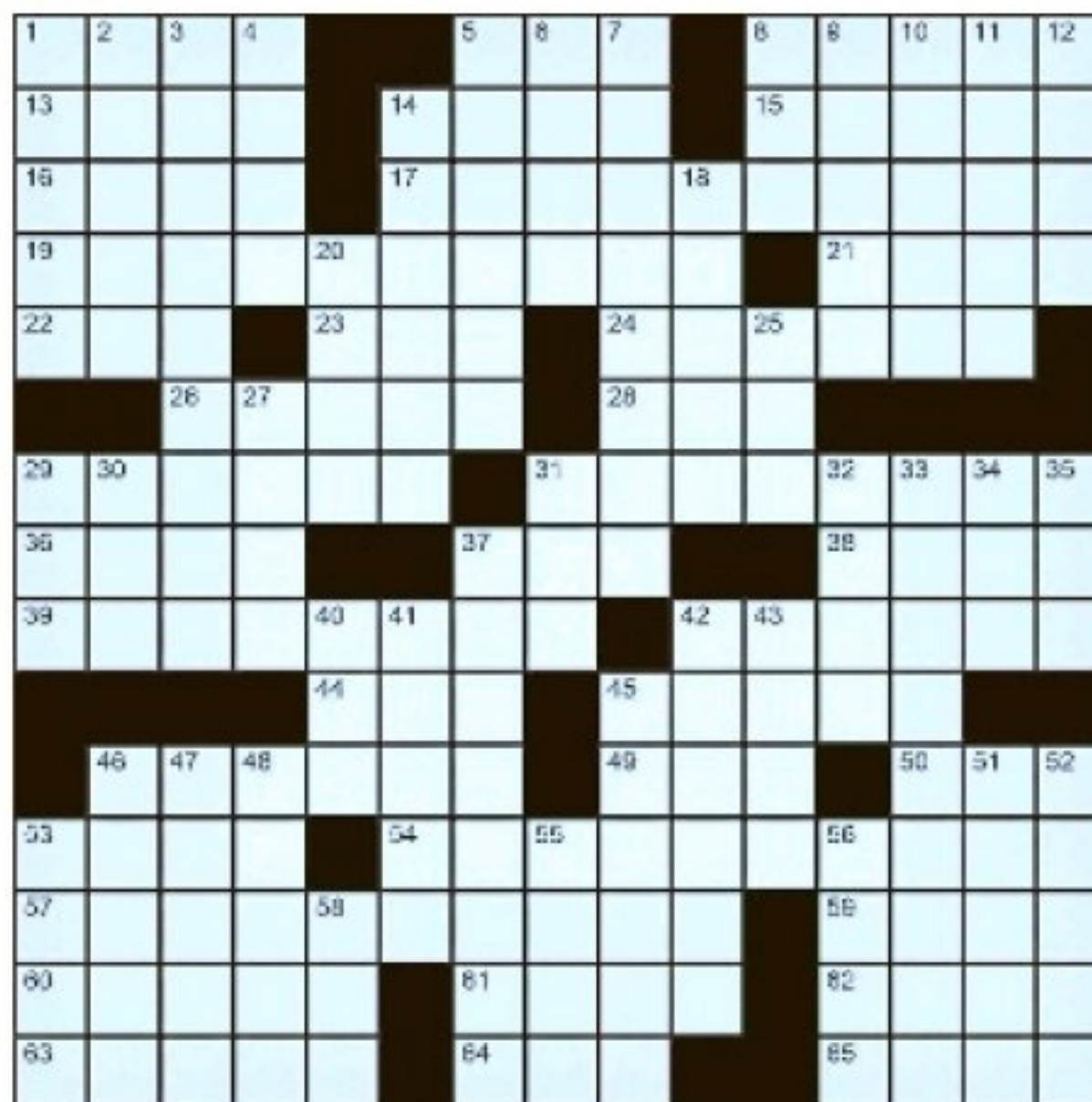
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann \_\_
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" songstress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick \_\_ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down!)
26. Start of a quiz show query, "True or \_\_\_"
28. "Fact" finisher
29. Czech composer, Antonin \_\_
31. Battle: French
36. \_\_ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. \_\_ kebab
46. Grand \_\_ (Istanbul marketplace)
49. Frying pan drizzle
50. Howe'er



53. Unaccompanied
54. In-the-clouds with optimism
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian psychology
61. Radiate

62. Crumbly soil
63. Not tidy
64. \_\_ bread
65. Bohemian

## DOWN

1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating discard
5. "\_\_\_ been going in and out of style..." - The Beatles, 1967
6. Stand-up comedian, Andrew \_\_ Clay
7. Summer vessel
8. "Won-der-ful!"
9. \_\_ of asparagus
10. Sophia Loren's movie producer husband Mr. Ponti (b.1912 - d.2007)
11. Cruise ship's

- water
12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. \_\_ Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben \_\_
40. Peak of Crete, Mount \_\_
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. \_\_ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian \_\_ (Military force)
56. Ms. Watson
58. Perhaps...

# \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

**Taurus** April 21 - May 21  
You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

**Gemini** May 22 - June 21  
If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

**Cancer** June 22 - July 23  
Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

**Leo** July 24 - Aug. 23  
Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

**Virgo** Aug. 24 - Sept. 23  
You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

**Libra** Sept. 24 - Oct. 23  
Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

**Scorpio** Oct. 24 - Nov. 22  
Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

**Sagittarius** Nov. 23 - Dec. 21  
This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

**Capricorn** Dec. 22 - Jan. 20  
Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

**Aquarius** Jan. 21 - Feb. 19  
You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

**Pisces** Feb. 20 - March 20  
Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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## FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

7	4	6	5	9	8	3	1	2
9	8	3	6	2	1	7	5	4
5	1	2	7	3	4	6	8	9
8	3	1	9	7	6	4	2	5
4	6	9	2	8	5	1	7	3
2	5	7	4	1	3	9	6	8
3	2	8	1	4	7	5	9	6
6	7	4	8	5	9	2	3	1
1	9	5	3	6	2	8	4	7

A	V	C	E	N	O	V	C	A	K	A	L
V	H	S	N	H	R	N	R	A	A		
Z	N	A	T	P	A	N	T	X	I	P	A
T	O	N	T	O	S	O	R	A	L	L	P
N	C	L	C	F	I	T	C	H	C	S	
C	N	U	T	M	C	A	L	C	R	T	
T	V	S	K	S	A	K	S	A	V	C	
A	N	B	O	K	V	A	C	O	N		
N	T	P	O	N	P	R	A	C	R	T	
C	F	O	P	R	O	C	O	V	A	R	
A	L	I	C	S	I	H	A	S	I	O	
C	R	U	S	C	O	L	E	T	S	L	O
H	O	S	L	A	H	I	O	R	E	A	
M	E	T	K	V	M	S	I				
V	E	R	E	V	A	T	I	N	E		



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